



April 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Sexual Assault Awareness Month — Pages 6-8

New Commander for NME, NMC Portsmouth

BY DEBORAH R. KALLGREN
NMCP Public Affairs

Rear Adm. Terry J. Moulton assumed command of Navy Medicine East and Naval Medical Center Portsmouth on April 8.

Moulton previously served as deputy chief, Medical Operations, Bureau of Medicine and Surgery. He will continue to serve as chief, Navy Medical Service Corps.

Moulton is a native of Nashville, earned his Bachelor of Science degree in Health Care Administration from Western Kentucky University and a master's in Business Administration from Chaminade University in Honolulu. He is also a graduate of the Naval War College nonresident program.

Moulton relieved Rear Adm. Elaine C. Wagner, who commanded the medical center since September 2011. Wagner will be assigned to the Bureau of Medicine and Surgery in Falls Church, Va., serving as deputy chief, Wounded, Ill and Injured.

Vice Adm. Matthew L. Nathan, Surgeon General of the Navy, and chief, Bureau of Medicine and Surgery, was the guest speaker. Nathan had previously served as deputy commander and commander of the Portsmouth medical center.

Nathan said, "By many statistics, this medical center has established itself as busiest in the Navy in some regards, and the busiest in the military. When you look at the business



Photos by MC1 (SW/EXW/AW) Gary Johnson

Rear Adm. Elaine C. Wagner, left, salutes Rear Adm. Terry Moulton, right, to signify the turning over of command.

acumen that Adm. Wagner has installed in this facility, as well as trying to keep things with our fleet, this is why we exist. We exist to support the fleet.

"Portsmouth is here in the fleet epicenter and it's pivotal to making sure that the most junior Sailor to the most senior leader off the deckplate and off the pier can have the full confidence that they, or their family or their crew is in great hands.

— See CoC, Page 3

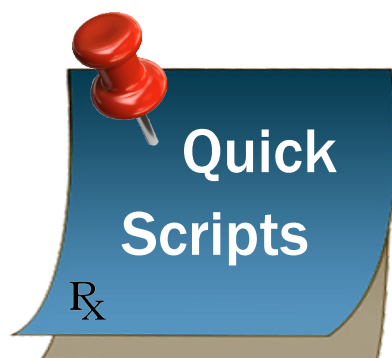
Retention Excellence Award Received for Second Year



The staff of the Career Counselor's Office gather to celebrate the receipt of the 2013 Retention Excellence Award on April 21.

See page 16 for the full story.

Photo by MC1 (SW/EXW/AW) Gary Johnson



Independent Duty Corpsman Symposium

All IDCs, MOs, PAs, and other operational medical personnel are invited to attend Naval Medical Center Portsmouth's Independent Duty Corpsman Symposium on May 22 in the auditorium from 8 a.m. – 3 p.m.

Topics include Operational Forces Medical Liaison, Medical Boards, Mental Health, Orthopedics, Women's Health, Dermatology and Preventive Medicine. Please see the home page of NMCP's Internet site for registration information.

ShipShape Class

Register for the next Shipshape eight-week program now! Seats limited. Classes meet Thursday afternoons, May 29 - July 17, from 2 - 4 p.m. in the clinical nutrition classroom, Bldg. 2. Topics are improve your nutrition choices, lifestyle strategies and exercise habits for better health and

weight control.

The course provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight.

For more information, visit the Wellness Department's page at www.med.navy.mil/sites/NMCP2/PatientServices/Wellness. To register, call HM3 Chandler at 953-1925 or email jonathan.chandler@med.navy.mil.

Red Cross Summer Youth Volunteer Program

Red Cross Summer 2014 Youth Volunteer Program applications are now available online. The deadline for submitting an application is May 21. The application deadline includes submission of all application requirements.

The volunteer program is from July 7 to Aug. 29, with a mandatory program ori-

entation on June 25. Applicants must be between 14 and 17, must have base access and a military dependent child. Those without base access must have a legal guardian/parent who is an NMCP civil service/military card carrying employee who will escort the child on and off the base.

Volunteers must participate during the entire eight-week program (a minimum of six out of eight weeks if family/vacation/school commitments). Applicants must be up-to-date on immunizations (prior to orientation.)

For questions, contact the Red Cross Office at 953-5435 or NMCP-Redcross@med.navy.mil.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com

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NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil
or
(757) 953-1973

THE
COURIER

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Rear Adm. Terry Moulton

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COMMAND MASTER CHIEF

CMDM (SW/AW/FMF) Michael James

PUBLIC AFFAIRS OFFICER

Deborah R. Kallgren

DEPUTY PUBLIC AFFAIRS OFFICER

Rebecca A. Perron

STAFF JOURNALISTS

MCCS (IDW/EXW/AW) James Perkins

MCC (SW/AW) Leslie Tomaino

MC1 (SW/EXW/AW) Gary Johnson

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Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.



Vice Adm. Matthew Nathan, Navy Surgeon General, presents Rear Adm. Elaine Wagner with a Legion of Merit.

CoC — Continued from page 1

You cannot concentrate on the mission if you are worried about your health or especially that of your loved ones. This place has done that and that is why we exist – to support the warfighter.

“Terry understands NavMedEast; he’s been heavily involved in TRICARE throughout the years and understanding the benefit. He has been integral at BUMED as being in charge of hospital operations. So the good news for you here at Portsmouth and the regions is that Adm. Moulton understands hospital metrics, he understands productivity, he understands how to get the most out of the facility.

“We have been blessed here with the command of Elaine Wagner and we’re going to be blessed with the command and capabilities of Rear Adm. Terry Moulton,” Nathan said.

Wagner served as commander of the medical center and the region for two and a half years.

“We’ve accomplished amazing things over the past 30 months, and I hope that you are as proud as I am of how far we have come as a command, as a region and as an enhanced multi-service market,” Wagner said. “Together, we have made positive changes in the lives of hundreds and thousands of patients throughout Navy Medicine East who trust us with their health needs. And we’ve been able to improve our patients’ health, while becoming more efficient and more cost-effective than ever before.

“Here in Portsmouth, here in Tidewater, and all across Navy Medicine East, it was all of you who made things better for the most deserving patients in the world,” said Wagner.

“Rear Adm. Moulton is the right person to accept the mantle of responsibility of Navy Medicine East, Naval Medical Center Portsmouth and the Tidewater Multi-Service Market. He will help all of you build on your success. He is someone I trust, and someone you can trust,” said Wagner, “and you know that’s the highest compliment that I can pay.”

In a separate ceremony the day before, Wagner was presented the honor of being an honorary master chief by the Chiefs’ Mess.



HMCM Aaron Vandall, deputy CMC, presents Rear Adm. Elaine Wagner with a shadow box from the NMCP Chief Petty Officers Mess during the change of command.

Moulton addressed the audience after reading his orders. “I have spent a few days walking around the command confirming what I already knew. I am inheriting a highly professional and caring group of individuals that work very hard to earn the trust of those we serve.

“What we do here matters,” Moulton said. “We will continue to focus on a culture of safety and provide high quality health care. We will ensure alignment with Navy Medicine’s strategic plan and focus on readiness, value and jointness. We will continue to provide care with compassion; will understand our costs both in the direct care and purchased care environments. We will continue to make a difference.”

Naval Medical Center Portsmouth has the distinction of being the United States’ first naval hospital. It has proudly served the health care and medical needs of the nation’s military continuously since 1830. Seven branch clinics and two TRICARE Prime Clinics support the 296-bed main hospital.

In 2013, Navy Medicine East and its commands totaled 19,504 active duty, reserve and civilian personnel; had 5,197,789 patient encounters and 407,247 enrolled beneficiaries; 306 Individual Augmentees deployed around the world.



Rear Adm. Terry Moulton and Rear Adm. Elaine Wagner cut the cake during the reception after the change of command.

Going Green: NMCP's ORCA Devours Waste

BY DEBORAH R. KALLGREN
NMCP Public Affairs

There's an ORCA in the Naval Medical Center Portsmouth galley, and for the past several months, it has been doing a whale of a job.

ORCA stands for organic refuse conversion alternative, and unlike a composter in the garden which can take months to break down green waste, this machine takes just 24 hours to compost solid food waste into liquid gray water.

The food composter is the latest in a series of green initiatives undertaken in the galley, and it has reduced the weight of trash, reduced the volume going to landfills, reduced the number of drain clogs, and reduced the load on the garbage grinders. Even better, staff like it.

ORCAs have been around for a few years, and NMCP is the first naval hospital to adopt it on site. The machine is described as a compost accelerator.

"We dump all non-usable food into it; everything that comes off the (galley) line or salad, leftovers, vegetable waste," said Cmdr. Paul Allen, Nutrition Management department head. "It combines water, agitation and biochips. The biochips include enzymes that accelerate the process of bacteria eating the food."

Once the food is transformed into gray water, it is disposed of through the sewer system.

"It's all environmentally friendly and safe," Allen added.

Totally Green makes the ORCA and says it "uses aerobic digestion to break down incoming food waste and the residual can contain as little as three percent of the weight of the original food waste."

The ORCA is about one quarter the size of a dumpster, and has been in use at NMCP since the beginning of 2014. "It's been working great," said Allen.

Galley patrons never see the ORCA, which is located in the scullery, away from the serving lines. Allen says the staff enjoy using it, because the ORCA has advantages over the old garbage grinder, which is messy, loud and

prone to clogs.

Food service employee Chad Yalung likes the ORCA. "It's great. Instead of filling trash cans full of food and having to take it to the dumpster, I put it in the ORCA. It saves time and energy and it's environmentally safe."

"A major issue in the galley is that drains are tough to maintain," Allen said. With the ORCA, "The labor of using the garbage grinder is significantly reduced."

Not only does the ORCA reduce drain clogs, the enzymes help scour the sewage pipes, keeping them free of blockages.

"The effluent breaks down the organic material in the sewage system, keeping (the pipes) clean," Allen added. "The filter sees what's not getting composted, but even chicken bones get composted."

The only food waste that does not go into the ORCA is grease. The used oil is sold to a contractor who recycles it.

The galley also reduces waste in other ways. Allen said, "We use biodegradables for our in-patient meals. We also recycle cardboard, steel cans and plastic containers."



Photo by MCCS (IDW/EXW/AW) James E. Perkins

Chad Yalung, food service employee, adds non-usable food into the ORCA in NMCP's galley. The compost accelerator turns food waste into gray water in 24 hours.

Community Health Care Improvements

The ORCA is part of the global implementation of the President's policy on reducing carbon emissions (methane gas in this case) and part of a Navy and Marine Corps Public Health Center initiative (and national) known as the Ambassador for Health Program.

Why focus on less waste? The health care sector must become environmentally responsible because hospitals and health systems produce an astonishing 11.7 thousand tons of waste each day, according to the Healthy Hospital

Initiative website, a program similar to the AHP.

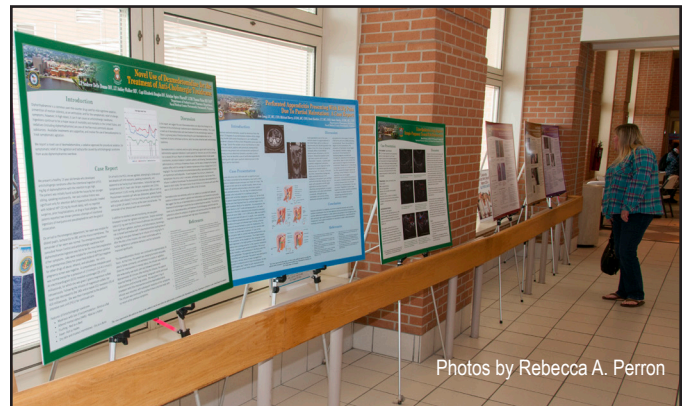
The AHP and HHI programs also challenge health care organizations to provide better access to healthy foods to improve the health of patients, staff and communities.

- The United States spends billions of dollars to treat diet-related, chronic illnesses.
- Hospitals can leverage their purchasing power to increase the availability of local, sustainable foods.
- As part of their mission of healing, hospitals can model healthier eating behavior.

29th NME Research Competition Poster Session

During the 29th Annual Academic Research Competition Poster Session held March 28 at Naval Medical Center Portsmouth, about 75 NMCP staff and residents presented their research, plus several submissions from other commands within Navy Medicine East. One person involved in each study presented the research topic and the poster to a panel of judges. Four panels listened to presentations throughout the morning.

The judges then selected staff and trainee winners for each category. Two special awards were given for Readiness and Value. The judges said they had a tough time determining the winners, a testament to the quality of the research and the presentations. The posters were displayed along the walkway near the pharmacy and in Bldg. 3 near Family Medicine for about two weeks after the competition.



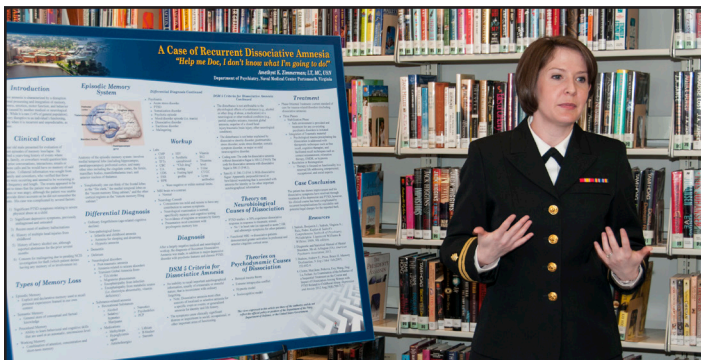
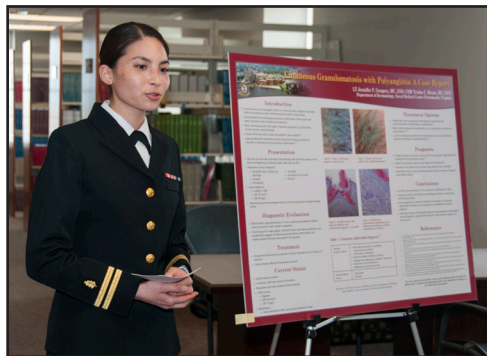
Photos by Rebecca A. Perron

A beneficiary stops to read one of 40 posters on display near the pharmacy.



A panel of three judges listens to Lt. Mark Wirtz present his topic, "Pseudo-'Normonatremia' in Diabetic Ketoacidosis – A Hidden Peril."

Lt. Jennifer Gregory presents "Cutaneous Granulomatosis with Polyangiitis: A Case Report."



Research conducted under the jurisdiction of another institution:

Trainee First Place:

"Early Trauma Induced Coagulopathy is Associated with the Development of Ventilator Associated Pneumonia in Spinal Cord Injury Patients" presented by Lt. Jerry Bradley from Internal Medicine

Staff First Place:

"Anterior Approach Total Hip Arthroplasty: A Learning Curve Study" presented Lt. Cmdr. Joseph S. Gondusky from Orthopaedics

Case Reports

Trainee First Place

"Malignant Vagal Paraganglioma" presented by Lt. Erin R.S. Hamersley from Otolaryngology

Staff First Place:

"Use of a Novel Neuroimaging Technique in the Diagnosis of a Rare Pediatric Disorder" presented by Air Force Maj. Dalila Lewis from Pediatrics

Readiness:

"Military in Our Military: A Case of Unsuspected Military Tuberculosis in an Active Duty Sailor" presented by Lt. Joyce N. Hall from Internal Medicine

Value:

Navy Health Promotion And Wellness: A Framework For Expanding And Sustaining Top Priority Services Among Regional Naval Branch Health Clinics presented by Joy S. Schaubhut from Health Promotions

Lt. Amethyst Zimmerman presents her topic, "A Case of Recurrent Dissociative Amnesia."

NMCP Kicks Off SAAM with 'Walk a Lap in Their Shoes'

BY MC1 (SW/EXW/AW)

GARY JOHNSON
NMCP Public Affairs

Naval Medical Center Portsmouth staff kicked off their uniform boots and pulled on high heeled shoes and sneakers April 3 to walk around the Riverview Fitness Facility track and bring a start to Sexual Assault Awareness Month 2014.

The 4th annual NMCP "Walk a Lap in Their Shoes" is a creative way to bring attention and awareness to a serious topic that affects the entire Department of Defense. This year's theme is "Live Our Values: Step Up to Stop Sexual Assault."

Previously, the event was called "Walk

a Lap in Her Shoes" with high heels offered for the walk that were primarily worn by male staff. This year, women were able to walk the lap wearing men's sneakers and boots, calling attention to the fact that this is an issue that affects everyone.

With this and other events, NMCP is taking ownership of this problem to help eradicate it from the Navy's ranks.

"It is sad that we have such a serious problem as a country, but we do and we have to continuously try to find solutions," said Capt. James L. Hancock, NMCP deputy commander. "This month, we are going to do all we can to get the word out and raise awareness."

The inspiration for this event is the Walk a Mile in Her Shoes Foundation. The nationally recognized organization was founded in 2001, with the goal of empowering men to raise awareness and help eliminate sexual assault in their communities.

"Men and women sometimes don't understand how tough it can be to walk in another person's shoes," said Operations Specialist 2nd Class Kimberly Cruz-Medina, a command SAPR advocate. "Events like this help spread awareness and show that it's not all it's cracked up to be."

While the NMCP event was not an entire mile, it was just long enough to allow walkers to experience being



High-heeled shoes line the sign-up table for NMCP's "Walk a Lap in Their Shoes" event.

in another's shoes during a single lap around the track in the warm spring sun. Men and women alike found a better understanding and a new respect for the opposite gender at the end of the lap.

"It was hard, and I give my wife a lot of credit for wearing those shoes," said Logistics Specialist 2nd Class James Rodriguez, a walk participant. "I think this event was a lot of fun, but more importantly, it raised awareness for a serious problem."

The Department of Defense requires service members to complete annual sexual assault awareness training. They also sponsor various activities and programs to help raise awareness throughout the year, but have reported 3,374 assaults in fiscal year 2012.

"This month has been specifically been designated SAAM so we can focus on putting the word out there all month long," said Cruz-Medina. "We want to try and eliminate the problem and let victims know we are here to help, and I think events like this show that we empathize and support them."



NMCP's CPO 365 members support each other during "Walk a Lap in Their Shoes."



HM3 Tyler Hughes straps on a pair of heels in preparation for his lap around the track.

Right: HM3 Sky Eoff and HM3 Benjamin Ganther take off their heels after their lap around the track.



NMCP Recognizes Sexual Assault Awareness Month

By DEBORAH R. KALLGREN
NMCP Public Affairs

Naval Medical Center Portsmouth is recognizing the month of April as Sexual Assault Awareness Month with several activities as well as setting the bar in Navy Medicine for sexual assault forensic examination.

Since August 2011, Michelle Ortiz has led NMCP in her role as forensic nurse examiner, and is the only nurse in the Department of Defense with the credentials of board-certified advanced forensic nurse. Not only does she collect evidence and testify in court, but she also trains others to become examiners.

"I've trained more than 300 in DoD," she said. "We are creating excellent examiners."

And the Navy is serious about eliminating sexual assault: from educating Sailors, encouraging those who've experienced sexual assault to come forward and caring for their medical needs, to ensuring perpetrators are brought to justice.

Ortiz has a hand in each, but says, in her heart, she is a nurse.

"I am first and foremost a nurse. I am not law enforcement. However, we work closely with law enforcement when patients pursue justice," she said.

Her team springs into action when someone who's experienced a sexual assault reports to the NMCP Emergency Room. NMCP has nine examiners: two nurse practitioners, one physician assistant and six registered nurses. There are also more than

a dozen corpsmen who assist.

"We are one of the few commands that include enlisted into the exam process," Ortiz explained. "We recognize the value they bring to the table. They can assist with evidence inventory, note taking, equipment and supply."

With this year's theme, "Live Our Values: Step Up to Stop Sexual Assault," about 100 staff from NMCP stepped up to "Walk a Lap in Their Shoes" on April 3. Men wore heels and women wore men's shoes while walking around the base to symbolically empathize with the opposite gender.

"Men and women sometimes don't understand how tough it can be to walk in another person's shoes," said OS2 Kimberly Cruz-Medina, a command SAPR advocate. "Events like this help spread awareness and show that it's not all it's cracked up to be."

The following week, staff participated in a 5K run/walk around the base to bring awareness to SAAM.

Ortiz said the heightened awareness may help those who've experienced sexual assault gain the courage to ask for help.

"I am humbled by the fact that they are coming forward and they are seeking care," Ortiz said. "It means they trust us," pointing out that there are barriers yet to



Photo by Rebecca A. Perron

Michelle Ortiz is the only nurse in the Department of Defense with the credentials of board-certified advanced forensic nurse. Here, she holds an evidence collection kit and a forensic camera.

overcome. People are still defining what sexual assault is."

She noted that sometimes background, culture and religion can play a role in whether an individual defines an action as sexual assault. Either way, she said, everyone is treated equally when undergoing a forensic exam.

"Our team is unbiased; we are an advocate for justice. We treat suspects with the same care and concern as we do our victims," because, Ortiz said, "it's the right thing to do."

Ortiz referenced NMCP's "Real Talk, No Rank" sessions for military and civilians. Started in 2013, it was initially aimed at women sharing their experiences about difficult issues and offering advice to one another as equals, without regard for rank. Sessions for men were added so they could have the opportunity to share and offer support and advice.



IT'S TIME ... TO TALK ABOUT IT!
Your voice. Our future. Prevent sexual violence.

Sexual Assault Awareness Month

5k Brings Out Teal in Support of Awareness

STORY AND PHOTOS

BY MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

Naval Medical Center Portsmouth's Sexual Assault Prevention and Response Program and Second Class Petty Officer Association hosted a 5K fun run and walk April 11 to raise awareness for Sexual Assault Awareness Month.

The 5k was one of several SAAM events at NMCP in April, and more than 90 staff and family members participated.

The event kicked off at the Riverview Fitness Facility track, with runners and walkers signing in and receiving a teal ribbon to wear to show support. Command SAPR representatives gave opening remarks.

"We are running today to show our support for those victims who have had the courage to come forth," said Chief Hospital Corpsman Renee Bass, an NMCP SAPR advocate. "Hopefully these events will also give others the courage to come forth in the future."

The participants then lined up on the track to start the 5k, following the jogging trail around the base and along the waterfront to the main gate and back. The first to complete the race was Cmdr. Jeffrey Johnson, director for Strategic Planning.



Runners take bottles of water from members of the Second Class Petty Officer Association as they hit the finish line.



Runners head toward the finish line as they run along the waterfront.

Many of the participants were happy not only to exercise, but to show their support for such an event.

"This was a great chance to help my run time as well as to show my support," said Hospital Corpsman 2nd Class Tony Besong, laboratory technician. "I think actions speak louder than words and, when people see this many people out here, it is a real encouragement and shows we support the program."



Afterward, the SCPOA raffled off SAAM T-shirts while the participants enjoyed some fresh grilled lunch.

Two runners holding an awareness ribbon approach members of the Second Class Petty Officer Association who are giving out bottled water along the track.

Sexual Assault Awareness Month

Sexual violence is a widespread issue that impacts everyone. Together, we can create safe and respectful communities. Anyone can experience sexual violence, including children, teens, adults and elders.

Be a part of the solution:

- Be a role model for respectful behavior.
- Talk with your children about healthy sexual development and personal boundaries.
- Intervene and speak up when you see inappropriate

behavior. To better equip yourself in these situations, practice what you might say or do.

- Talk to someone from your local sexual assault center for more information. Invite them to speak in your schools, faith communities or workplaces.
- Learn more about sexual violence and share information with others.
- Learn about reporting suspected child abuse. Know what to do if you or someone you know suspects a child may be being abused.

Norfolk Admirals Host NMCRS Night at Scope

The Norfolk Admirals hosted Navy-Marine Corps Relief Society night at Norfolk Scope on March 28 when the Norfolk Admirals hockey team took on the Wilkes Barre/Scranton Penguins.

Kathy Nelson, director of the Navy-Marine Corps Relief Society Norfolk Office, was joined by Sarah Stewart, Lolita Sheats, and Christina Murray of NMCRS on center ice when Naval Medical Center Portsmouth's own Hospital Corpsman 1st Class (FMF/EXW) Rocky Gann, an avid hockey fan and leading petty officer of the NMCP Color Guard, dropped the puck to start the game. NMCP's Color Guard proudly presented the colors during the National Anthem to an arena of fans.



Photo by DC2 (SW) Samantha Forbes

NMCP's Color Guard perform for a full house at the Admirals hockey game March 28 at Norfolk Scope.



Photo by MCC (SW/AW) Leslie Tomaino

HM1 (FMF/EXW) Rocky Gann, leading petty officer of NMCP's Color Guard and avid hockey fan, drops the puck.



Photo by DC2 (SW) Samantha Forbes

Kathy Nelson, director of the Norfolk Navy-Marine Corps Relief Society, Sarah Stewart, Lolita Sheats, Christina Murray and HM1(FMF/EXW) Rocky Gann stand at center ice for the National Anthem.



May Workshops

Fleet and Family Support Center workshops at NMCP are in Bldg. 249, adjacent to the Child Wait Center, unless otherwise noted. Call 953-7801 or email amanda.burbage.ctr@navy.mil

to register and for details. Workshops open to active duty, retirees, dependents and DoD civilians. Childcare available if arranged in advance.

Car Buying Strategies workshop: May 6, 10 – 11 a.m. Learn all the important dos and don'ts before you step onto the car lot. Topics: negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

New Parent Resource Awareness Workshop: May 15, 1 – 4 p.m., at Navy Medical Support Command Portsmouth,

Bldg. 104. This workshop assists expectant service women as they transition into parenthood. Topics: Navy's policy on pregnant service women, Navy Family Care Plans, housing information, Navy-Marine Corps Relief Society (Budgeting for Baby program), child care resources, FFSC programs and services, WIC program, and career planning. Open to first-time expectant service women and their partners.

Developing Your Spending Plan: May 20, 10 – 11 a.m. This workshop helps you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

Parenting in a Military Family: May 20, 1 – 3:30 p.m. This course explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation.

Easter Bunny Visits NMCP for Egg Hunt

PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

About 4,000 candy-filled plastic eggs covered Hospital Point April 12 for the annual Command Egg Hunt, which drew more than 150 children.

Divided into four age groups, the children eagerly waited their turn for the tape to be cut, opening the section of grass set aside for their hunt. One golden egg was hidden for each age group, with the finder of the golden egg receiving several prizes.

During the two-hour event, kids could also visit and take pictures with the Easter Bunny, have their faces painted, get balloon creations, jump in the bounce house, and enjoy hotdogs and cotton candy.

After the egg hunt, the Easter Bunny made an appearance in the Pediatrics Ward, handing out baskets filled with toys and candy to the children. The event was sponsored by the Oakleaf Club, Chief Petty Officers Association, First Class Petty Officers Association and the Junior Enlisted Association.



A boy in the 3-5 age group runs to the back of the section to look for eggs.

Right: A girls in the 3-5 age group tosses two eggs into her basket.



Left: Kharee Phillips, left, and Travius Taylor, son and nephew of OS2 (SW/AW) Chaquita Phillips, stop for visit with the Easter Bunny.

Right: Ansley Hammond, 7, daughter of Lt. Cmdr. James Hammond, shows off her snake balloon animal.



Girls in the 6-8 age group make a mad dash for the eggs before they can be scooped up by other children.



Children in their turn to





Jude Hoffman, 18 months, son of Lt. Cherith Baize-Hoffmann, sits with the Easter Bunny.



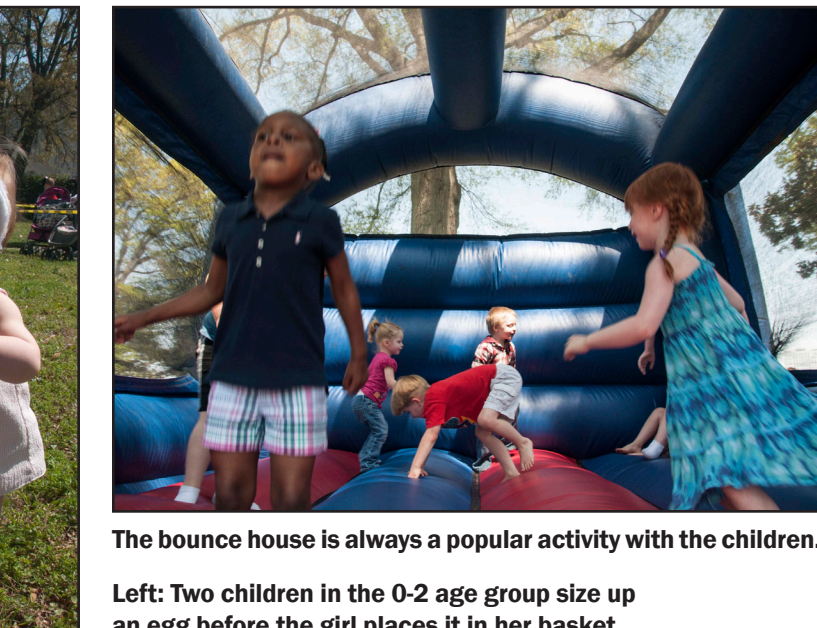
The Easter Bunny and Rear Adm. Terry Moulton, NMCP commander, cut the tape for the 0-2 year old group.



In the 6-8 age group scramble for the eggs after patiently waiting for the start of the egg hunt.



Rachel Gizaw, 9, is one of several dozen children who got their face painted. Her design of choice: a bunny.



The bounce house is always a popular activity with the children.

Left: Two children in the 0-2 age group size up an egg before the girl places it in her basket.



Juan Gonzalez, 10, and his mother Nohemy, are visited by the Easter Bunny who gave Juan an Easter basket.

Happy 121st Birthday, Chief Petty Officers



Photos by MC1(SW/AW/EXW) Gary Johnson



Naval Medical Center Portsmouth's chief petty officers celebrated the 121st birthday of the chief petty officer community on March 31, with the chiefs serving lunch in the galley followed by a cake cutting.

During the cake cutting, Master Chief Hospital Corpsman (EXW/SW/FMF) James VanDall, NMCP deputy command master chief, read the birthday message. The cake was then cut by the youngest chief in the NMCP CPO mess, Chief Hospital Corpsman Denise Guerrero, and the oldest chief, Senior Chief Hospital Corpsman Cheri Snaza.



Civilians of the Year

Naval Medical Center Portsmouth's Civilians of the Year were recognized by Rear Adm. Terry Moulton, NMCP commander, during a ceremony April 11 with Navy Meritorious Civilian Service Awards and plaques.

From left, Eldon Hayes, Wellness/Health Promotions Department medical assistant; Naomi Ramshur, Orthopedic Clinic manager; Alicia Ramsey, Directorate for Surgical Services administrative assistant; and Eucine McNair, neuropsychometrist; and Moulton.



Photo by Rebecca A. Perron

CPOs, 1st Classes Clean Base during CPO Pride Week

STORY AND PHOTOS BY MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

Naval Medical Center Portsmouth chiefs and first classes participated in a base-wide cleanup on April 3. The event was one of the many during Navy Chief Pride Week, which coincided with the 121st birthday of the Chief Petty Officer rank in the Navy on April 1.

NMCP's Mess, like those throughout the fleet, celebrated the leadership, mentorship and dedication to leading Sailors and taking care of Navy families.

The base cleanup, coordinated by Senior Chief Interior Communications Electrician Donovan Marlin, had a tremendous turnout. The chiefs and first classes were divided into groups based on their CPO 365 ship assignment, with each group assigned a specific area of the base to clean.

Chiefs and first classes enjoyed the warmth and sunshine as they picked up trash and debris along NMCP's Hospital Point and other areas throughout the base. Motivated members of the NMCP Second Class Petty Officers Association even came out to support their leadership and assist with the clean-up efforts.

"Events like this are especially important for us as first classes and our chiefs to be out in the front visible leading young Sailors by example," said Hospital Corpsman 1st Class (SW/FMF) Alaji Abdullah. "When we task our Sailors, they know it's something that we have already done ourselves at some point. Embedded in our 'leadership tool boxes' as we were young corpsman, thirds, seconds and now first classes, we keep striving to better ourselves and set a better example with the mentorship of the chiefs in the mess."

Events like the community relations and cleanups allow for more interaction and influence between the first class petty officers and members of the Chiefs Mess.



HMC (SW/FMF/AW) Miguel Medina hands trash up to fellow Sailors participating in the clean the base event.

"Being out here today and (participating in) other events with CPO 365, we are doing a great thing as a team and building even more camaraderie. This just brings it all to the forefront and shows the junior Sailors exactly how to lead when they wear these crowns and we eventually get to wear anchors ourselves," said Abdullah, smiling.

NMCP's weeklong commemoration began with a cake cutting by the two most junior and senior chiefs in the NMCP mess at the beginning of the week. Other events included community relations projects, such as volunteering with the Oasis Social Ministry, Cystic Fibrosis Foundation, NATO Parade of Nations event, CPO fleet luncheons, all celebrating the chiefs' birthday and what the mess stands for.

In the Master Chief Petty Officer of the Navy's birthday message to the fleet, MCPON Mike Stevens reminded chiefs of the charge placed since 1893 to lead and serve their Sailors.

"Make no mistake about it, being an effective chief petty officer requires a level of effort that is uncommon," Stevens said. "Being a chief petty officer is not for amateurs. I believe with all my heart that your ability to lead and influence Sailors is absolutely critical to our success; we could even say that it is absolutely critical to our survival. We have the responsibility to walk the walk – lead by example, and take control of what we own."



Sailors participating in the "CPO Clean the Base Day" walk on the waterfront at NMCP's Hospital Point clearing trash and debris.

Greer Brings VH Simulator to NMCP Residents

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Second and third year Obstetrics and Gynecology Program residents at Naval Medical Center Portsmouth now have another way to practice the steps of vaginal hysterectomy – a simulator that mimics anatomy and tissue, giving them a low-stress option for surgical training.

Seven residents spent 30 minutes each in NMCP's Simulation Center on March 27 working with Cmdr. Joy Greer, the NMCP urogynecologist who developed the simulator.

The basis for the simulator was a recent study that indicated fewer women are undergoing vaginal hysterectomies after the introduction of robotic hysterectomy. This decline in available medical cases has translated into fewer training opportunities for OB-GYN residents across the country.

While completing an OB-GYN fellowship at the University of Pennsylvania, Greer was inspired by the study to develop a low-cost, low-fidelity simulator to give residents another avenue to practice performing the steps of a VH. The study was funded by the Helen O. Dickens Fellowship Fund from the Department of OB-GYN at the university.

"I felt that when I graduated from residency at Naval Medical Center Portsmouth in 2005, that we had had a very good experience performing the VH because of the high volume here, and I was very comfortable at doing that procedure when I left," Greer said. "During my fellowship at the University of Pennsylvania, I wanted to augment their training with this simulator, and make sure they were getting the most value from their training."

Greer was approved by the Institutional Review Board for a study relating to the effectiveness of the simulator, and the results of that study were the first of its kind to be published in



Cmdr. Joy Greer, right, and Lt. Suzanne Jenkins check the progress of the simulated surgery as Air Force Capt. Meghan Ozzan, left, observes.

a journal – the January/February 2014 issue of the *Journal of Minimally Invasive Gynecology*.

"Nothing had been published in the literature about VH models that were in place for simulation," Greer said. "There was a simulation center at Penn, and so I worked for about six to nine months with attending mentors and simulation center technologists to develop the model. Then we did a VH workshop with the residents over the next six-month block. We continued to do the workshop after the initial research component was done, but for program residents in the Philadelphia area who needed the extra practice."

The validation of the model as an education tool required multiple steps, initially showing it correctly represented the anatomy, that surgery could be performed using the model, and differences in performance between the trainee's level could be assessed.

"By bringing it to Portsmouth, with the higher VH volume that's done by the residents here, we may be able to further compare it to actual operating room performance," Greer said. "We haven't started that research component yet, but we are now allowing them to use the model in the Simulation Center."

Greer's simulator uses the PROMPT birthing simulator pelvis, with the uterus, perineum, fallopian tubes, ovaries, bladder and attached ligaments made from foam, stocking net material, yarn, a water balloon and cord.

The tradeoff between using a high- and low-fidelity model is cost and time. Industry-sponsored high-fidelity models, which are computerized and interact with the doctor, can cost \$55,000 for the model and \$100 for each VH kit. Greer's low-fidelity model costs \$5 to \$10 to make the one-time use kit, but Greer or another faculty member must be present for the training.

"It's a great way to practice the steps of a surgery," said Lt.



Lt. Suzanne Jenkins, right, performs a crucial step as Cmdr. Joy Greer, center, confirms the step is being performed correctly while Air Force Capt. Meghan Ozzan prepares for her turn with the simulator.

— See **SIMULATOR**, next page

April is Month of the Military Child

April has been the Month of the Military Child since 1986 and recognizes the contribution military children make as their parent or parents serve our nation. Military children are an inspiration and a source of pride for our nation.

Frequent moves and family separations through deployments, and then the reintegration issues make life especially challenging. Often military children are looked up to for their resilience and ability to deal with life changing events. For more information, visit www.monthofthemilitary-child.com.

Officers of the Year Recognized



Photo by Rebecca A. Perron

Congratulations to the Naval Medical Center Portsmouth's Officers of the Year who were recognized during a ceremony April 11 by Rear Adm. Terry Moulton, NMCP commander, with Navy-Marine Corps Achievement Medals and plaques. Moulton, right, and Master Chief Hospital Corpsman Woodie Wunstell, left with stand with the group. Back row, from left: Lt. Cmdr. Matt Beery, senior Medical Service Corps; Lt. Cmdr. Matt Lawrence, junior Medical Corps; Lt. J.G. Emanuel Waddell, junior Nurse Corps; Lt. Cmdr. Bradley Jones, junior Dental Corps. Front row, from left: Cmdr. John McLaughlin, senior Dental Corps; Lt. Cmdr. Jamesetta Goggins, senior Nurse Corps; and Lt. Stephanie Long, junior Medical Service Corps. Not pictured: Cmdr. Rod Borgie, senior Medical Corps.

SIMULATOR — *Continued from previous page*

Suzanne Jenkins, a third year resident who has performed about 20 patient surgeries, "as well as getting staff confirmation of your hand placement because they can be watching from the inside of the model. Normally you can't see when you're doing the procedure in a human, because you can't be looking from the top. You normally check your hand and clamp placement from below, and with this, you can check from above."

Clamp placement and the incision into the abdomen are some of the most challenging steps of the procedure, and, according to Greer, those were crucial steps to reproduce in the simulator.

"One of the most challenging steps that's frequently reported is making the incision between the bladder and the uterus to get into the abdomen," Greer said. "So I needed to make sure I could reproduce that step. Specifically, I needed to make sure the angle of clamp placement during the hysterectomy would simulate the actual clamp placement that is necessary to do in a real patient, because that's where injuries can potentially happen if the clamps are placed incorrectly."

"The simulation model is such a great adjunct, because you're in a one-on-one situation with an attending physician, you are dealing with plastic and foam and not a patient," said Air Force Capt. Meghan Ozzan, a third year resident who has done five

procedures. "It's a really good opportunity to get more comfortable. We know that the more simulation that you do, the better you are going to perform in a real-life situation, increasing your patient's safety while also increasing your surgical skills."

The next step for Greer, under a new IRB-approved protocol she is applying for, will be to compare skills on the model to operating room skills.

"The new protocol will require six to nine months to collect the data," Greer said. "The goal is to produce another paper for publication. I hope, as with other simulation studies, that shows there's a decreased learning curve in the operating room when trainees are able to practice on a simulation model, they are able to more quickly perform at expert levels on regular OR cases."

Greer's model was submitted last summer to the American College of Obstetricians and Gynecologists, whose education working group is looking for different simulation models.

"There are other groups working on developing models, but mine was the first to get published and get validation in use," Greer said. "This is something a lot of people are working on. This was probably the most fun research project that I have done, because I was giving back to the residents, and it's something they are enjoying."

NMCP Sailors Earn Retention Excellence Award for Second Year

STORY AND PHOTOS

BY MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

Naval Medical Center Portsmouth Sailors celebrated and received the Retention Excellence Award for fiscal year 2013 on April 21.

The award, previously known as the Golden Anchor Award, was presented for the second year in a row after the command received a perfect score during the recent Career Information Program inspection.

Capt. James L. Hancock, NMCP deputy commander, presented the award certificate to NMCP's command master chief and Career Counselor Department staff. The award signifies the command's success and dedication to the growth and development of its enlisted Sailors.

"We all are here today to recognize this accomplishment because we took care of our Sailors," Hancock said. "We made sure everyone was taken care of and had the opportunity to reenlist. We made sure packages were correct and submitted on time. Because of this, we raised our score from last year to perfect this year."

To be recognized and presented with the award, a command must pass the arduous CIP inspection with a minimum score of 85 percent. NMCP accomplished the 100 percent score with a staff of 15 Sailors, with only the department's senior enlisted leader being a rated Navy counselor.

"The majority of folks we have here are limited duty and are only here for a short time, but we do our best to train them and make sure these folks care about their work and the people they are here to help," said Senior Chief Navy Counselor Kevin Reep, NMCP's command career counselor. "It isn't just the work of any one person that makes us so successful. It is a lot of work, and it takes the whole team."

The annual inspection consisted of a 27-page checklist in which the NMCP's Sailor development and retention programs were thoroughly assessed. The inspection also evaluated areas such as retention for Sailors in various stages of their career, command career development and retention team functionality, retention team manning and the submission of Perform to Serve and Career Waypoint Program applications being on time.



Capt. James L. Hancock, NMCP deputy commander, presents the 2013 Retention Excellence Award to CMDCM (SW/AW/FMF) Michael James and NCCS (SW/AW) Kevin Reep.

"We are here to do this job and make sure our Sailors can do theirs without worrying about things like PTS and having their paperwork done on time," Reep said. "We are going to continue to do this job, and we will always be looking for ways to improve our practices."

Below: The staff of the Career Counselor's Office gather to celebrate the receipt of the 2013 Retention Excellence Award on April 21.



An Essay by Hospitalman Taylor Ramsey

'What Public Health Means to Me?'

During National Public Health Week, April 7 – 13, Naval Medical Center Portsmouth's Public Health Department had a contest for the best essay answering the question, "What Public Health Means to Me?" Hospitalman Taylor Ramsey was the winner. Here is her essay.



When I, personally, think of public health, the first thing that comes to mind is how much I play an important role. You may not think that your job is important, but there is no "I" in "team." Every person in the community acts as a critical component of public health, whether you are a restaurant owner, a public policy maker, a store clerk or even a medical professional.

Public health has a need to focus on improving the quality of life for the people of the community through the prevention and treatment of not only physical health concerns, but of mental health as well. Even a singular person, perhaps, shopping in the grocery store could help educate their peers on the effect of certain food ingredient and how it may negatively affect your body, or something as simple as maintaining a friendship with someone who's recently lost a loved one could make a significant impact.

Living in the Hampton Roads community and being in the Navy has opened my eyes to the opportunity I have to make a difference in the world. I have never witnessed a more powerful community. People come together from all parts of the country, and world, to help one another. That is something to be proud of and to not be taken for granted.

Being a hospital corpsman, people look

to me when they're scared or hurt. I am responsible for knowing how and when to answer whatever questions they may have and to promote a positive and overall well-being within society. I am part of a unique team of people, whether it is as a medical provider, a member of community involvement, or just as a friend to someone who may be ill or injured.

Although medicine and technology are advancing more and more every day, so is disease and risk of injury. Public health relies on policy and strategies to understand the issues we face in today's world. Policy plays an important role in public health, such as creating a non-smoking environment to eliminate any concerns and protect the general public.

Public health contributes to the community in countless ways. A public who is sick less frequently will spend less money on health care; in turn meaning a more positive economic productivity, ultimately leading to an improvement in the quality of life.

Public health educates the people about the effects of poor lifestyle choices and also reduces the impact of disaster by preparing the people for any major catastrophe. Growing up in Michigan, it is my responsi-

bility here in Virginia to help spread knowledge, for example, of safe driving conditions in the winter. But it is also the public's responsibility to help me understand what to do in a situation such as a hurricane. No matter what role you play, know that you're important and that you can make a difference. Public Health is everyone's responsibility.



NMCP commander Rear Adm. Terry Moulton presents HN Taylor Ramsey with a command coin in recognition of her winning essay in the Public Health Department contest.

Did you know?

- The U.S. spends far more on health care than any other country, but investing just \$10 per person each year in proven, community-based public health efforts could save the nation more than \$16 billion within five years.

- By 2020, the direct benefits of the federal Clean Air Act will have reached almost \$2 trillion, much more than the \$65 billion it will have cost to implement the law. About 85 percent of the \$2 trillion is attributable to decreases in premature death and illness related to air pollution.

- 23 to 1: That's the rate of the return on investment in clean water technologies in the first half of the 20th century.

- Widening access to health care by investing in expanded Medicaid eligibility, which is encouraged and funded via the Affordable Care Act, results in better health outcomes and reductions in mortality, especially among communities already struggling with health problems.

- The Health Care Innovation Awards are funding up to \$1 billion in awards to organizations that implement the most compelling new ideas to deliver better health, improved care and lower costs.



Photo by MCCA (IDW/EXW/AW) James Perkins

Civilian in the Spotlight

Nicole Lark

Hometown: South Philly (Philadelphia)

Years of service: 3 years civil service, 20 years active duty, 8 years at NMCP

Job: Nephrology Clinic front desk receptionist

What do you like most about your job? Some patients come to nephrology really worried & stressed about their kidneys and it shows on their face....I try to put a smile on their face by making them laugh or sharing a positive thought....sometimes a simple hug will do and that's what I like most about my job!

What do you do in your off-duty time/hobbies? Reading and watching comedy shows, collect key chains from different states and countries.

Favorite movie: Stir Crazy

Favorite food: Fried pork chop sammich (sandwich) with "Hellmann's" mayo & two slices of tomato on butter bread!

Anything else interesting about yourself that you would like to tell us? I can write backwards in cursive very well!

Why was she nominated as Civilian in the Spotlight? "Nicole Lark represents NMCP very well," said Chief Hospital Corpsman Lesley Collins. "As the 'first impression' of the Nephrology Clinic, she ensures that patients' concerns are addressed on the spot and offers excellent 'front line' customer service, which regularly promotes a welcoming experience to those visiting the clinic."



Photo by Rebecca A. Perron

Sailor in the Spotlight

HN Kady Donn

Hometown: Prince George County, Md.

Years of naval service: 3 years, all at NMCP

Job: Emergency Medical Department Point of Care liaison

What do you like most about your job? It keeps me busy all day

What do you do in your off-duty time/hobbies? Take care of my daughter and coloring with my daughter.

Favorite movie: 21 guns

Favorite food: EVERYTHING!!!

Why was she nominated as Sailor in the Spotlight? HN Donn's hard work and dedication to the department is reflected in her positive attitude on a daily basis," said Chief Hospital Corpsman Mark Chesney. "She has trained and assisted nearly 25 new corpsman in gaining access to Point of Care testing and informs the Leading chief petty officer, leading petty officer and assistance leading petty officer of all POC needs and concerns. Her job is a major role in the EMD and she fills the position with accuracy and diligence needed to keep our department running smoothly."

AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Michael Ashe
Capt. Michael Bidus
Capt. David Castellano
Capt. Robert Sorenson
Cmdr. Brian Feldman
Cmdr. Mark Schmidheiser

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. John McLaughlin
Cmdr. Cynthia Wells
Lt. Cmdr. Kathleen Ditto
Lt. Cmdr. Jamesetta Goggins
Lt. Cmdr. Lorena Griffin
Lt. James Speitel
LSC (SW/AW) Robert Brunell
HMC (SCW/SW) Jay McDowell Sr.
HMC (SW) Sajata Taylor
HM1 Tiffany Arroyo
ET1 (SW/EXW/NAC) Seth Barksdale
HM1 (SW/AW) Tara Donahue
HM1 (SW/AW) Stephanie Gibbs
HM1 (FMF/EXW) Joseph Lynn
HM1 (SS/SW) Jon Morgan
HM2 (FMF) Edward Lopez
PS2 (SW/AW) Laran Strawter
HM2 Moriba Weedor

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Bradley Jones
Lt. Cmdr. Sara Veiga
Lt. Terry Brown
Lt. Daniel Fuhrmann
Lt. Erin Turner

Thirty-three staff are recognized during the monthly award ceremony on March 26. They received their awards from Capt. James L. Hancock, NMCP deputy commander, and HMCM (EXW/FMF/SW) Aaron Vandall, deputy command master chief. The awards presented were one Navy-Marine Corps Commendation Medal, three Navy-Marine Corps Achievement Medals, 18 Good Conduct Medals, six Command Pillar Awards, and five Flag Letter of Commendation.

Lt. j.g. Matthew Brooks
Lt. j.g. Kristi Lawson
Lt. j.g. Lisa O'Driscoll
Lt. j.g. Emanuel Waddell
HMC (EXW/FMF/SW/PJ) Russell Turner
PS1 (SW) Mouhamadoul Bah
HM1 Edna Carmona
HM1 (SW) Jermaine Johnson
HM1 (SW/AW) Denecia Weekes
HM2 (SW) Abiola Ayegunle
HM2 Kevin Burkes
HM2 (EXW/FMF) Carl Norman
HM2 Alexis Sandino
HM2 (SW) Joshua Seago
HM3 James Byrum
HM3 Mary O'Connell
HM3 Vartan Stephanian
HM3 Angela Wintrode
HN Prae Godd

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Eldon Hayes
Eunice McNair
Mary Mitchell
Alicia Ramey
Naomi Ramshur

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

Lt. James Speitel
HM1 (SW) Julie Dye
HM3 (SW) Steven Holmes
ABH1 (AW) Michael Rydberg



SHIPMATE OF THE MONTH



QM2 RENEE JONES, DQM
CE3 DANI AULD, DFA
HM3 ANTONELLA BRAVO, DCSS
HM3 JAMES DASILVA, DMS
HM3 HM3 BENJAMIN GANTHER, DPE

HM3 JUSTIN WHITE, DSS
HN JASON EBLACAS, DPHS
HN COLEMAN EVRARD, DMH
HN MEGAN MCLEAN, DNS
HN MICHAEL SIEM, DPC

MENTOR OF THE MONTH

Tim Gendron, clinical coordinator for the Pharmacy Department, has worked at Naval Medical Center Portsmouth since 1992 and assists patients, providers and staff with accessing pharmacy services beyond routine prescription processing. He is responsible for facilitating the safe and appropriate use of medications in the most efficient and economical fashion. He also works with members of his

department to ensure compliance with regulatory requirements of multiple government and accreditation agencies.

As a mentor, he is actively involved with training new staff and spends a lot of time mentoring newly licensed pharmacists. He also precepts student pharmacists from several colleges of pharmacy – five students this year. His mentoring philosophy is to “Exemplify a strong work ethic with a positive attitude,” Gendron said. “Respect all members of the team for their potential to contribute to the overall mission. Always strive to provide the highest level of customer service.”

“The Mentorship Program is especially important because the execution of duties as a pharmacist requires diplomacy, empathy and creativity,” Gendron said. “Professional training does not adequately prepare individuals for successful interactions with patients and

providers. Mentoring is the best way to keep current on the latest guidelines and professional practice recommendations.”

Through Gendron, his mentees benefit by learning the best execution without the trial and error approach. He is motivated to guide by the feeling of accomplishment associated with seeing an important project through to successful completion.

Gendron believes that to be a good mentor, mentors must be sensitive to the way they are perceived by others. The advice he gives to other mentors: Never ask someone to do something that you are not willing to do yourself.

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under “M” to learn more and join the Mentor Program today. Everyone is welcome.



Photo by Rebecca A. Perron